
HEIAN
FINGER KNITTING 2
katsuno suzuki

Finger Knitting ②

Handknit projects for kids of all ages

Katsuno Suzuki



HEIAN

Katsuno Suzuki

Born in Niigata Prefecture, Japan in 1944

Suzuki is actively involved in the training of knitting instructors as the founder of the Miyako Lab in Edogawa-ku, Tokyo and the Hagi Lab in Sendai, Miyagi Prefecture. Children need adult guidance to enjoy handknitting projects.

Originally Published in Japan by "Hoshi No Wakai" Inc.

HEIAN INTERNATIONAL INC.
20655 S. Western Ave. #105
Torrance, CA 90501

First American Edition 2004
04 05 06 07 08 09 10 10 9 8 7 6 5 4 3 2 1

Translated by Matthew Galgani
Cover Design by Kathleen Macguire

ISBN 0-89346-940-8

Printed in Canada



Table of Contents



About Finger Knitting

Katsuno Suzuki

Using only our hands and no tools, finger knitting is the base of all knitting. By using our fingers, we create many positive physical affects, including stimulation of the brain and even improved circulation.

Through finger knitting, I've met many wonderful people and had many wonderful experiences. Many visually-impaired people have started with finger knitting, then become quite skilled with crochet hooks and knitting needles. Even if people can't control their fingers as they would like, with a little ingenuity, they can knit many things. The joy of creating is clear to those around them and becomes a powerful incentive.

Finger knitting can be done whether you're young or old, a man or a woman. I hope it will further strengthen family bonds everywhere and increase interaction among us all.





OK...Let's Start Finger Knitting



- Because finger knitting doesn't use any tools, the stitches are larger than those created when tools are used. The flipside, however, is softer knitting. It's fun to take advantage of that unique elasticity and create many different shapes.

- This technique means you'll be knitting with your fingers. And the thickness and length of everyone's fingers are different. The number of stitches and rows outlined in the diagrams and photos are meant only as suggested goals. Knit using the number of stitches and rows that works best for your fingers.

- For those who have trouble finger knitting or have physical challenges, try a jumbo needle and enjoy knitting that way.









Cute Little Friends

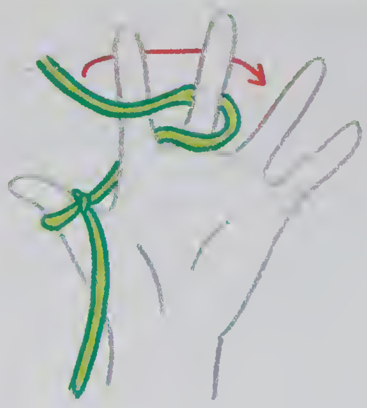
Finger Tube Stitch (2 fingers)



1 Make 1 chain stitch.



2 Place chain stitch on thumb and pull yarn snug.



3 Open fingers, and alternately place yarn, as shown in diagram.



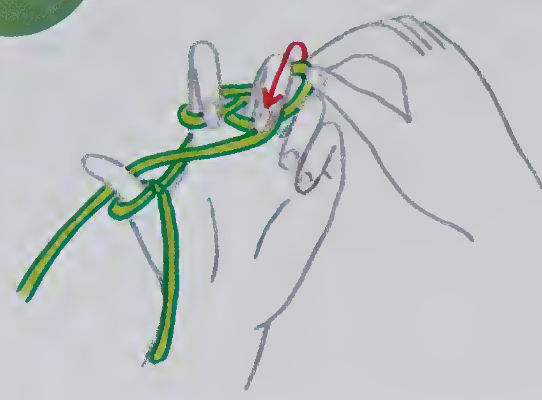
4 Once placed on middle finger, return, placing yarn in front of index finger. Bring yarn around to back of hand.



5 Bring yarn around to palm-side, and run over previously placed yarn.

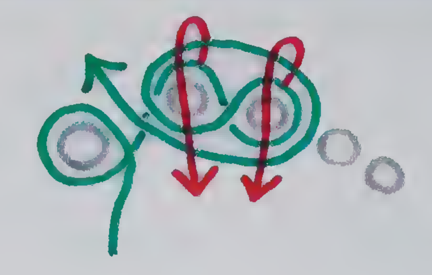
Go to next page →

Finger Tube Stitch (2 fingers) (Continued)



6 Bend fingers, then pull stitch on pinkie from below and place over pinkie.





7 In same way, place yarn over ring, middle, and index fingers, in that order.

8 Next, run yarn from outside towards you and repeat steps 6 and 7. (The work is created on back of hand.)

9 After knitting about 5 rows, remove chain stitch from thumb. (It takes about 5 rows to become stable.)

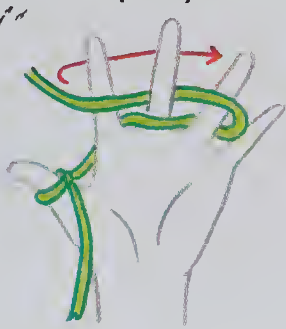
10 At edge of work, run yarn through each stitch in order, then remove from fingers. Bring end of yarn through outer edge of work to keep from sticking out.

Finger Tube Stitch repeats flexible finger movements. This stretching and bending of your fingers improves circulation and stimulates the brain.



Finger Tube Stitch (3 fingers)

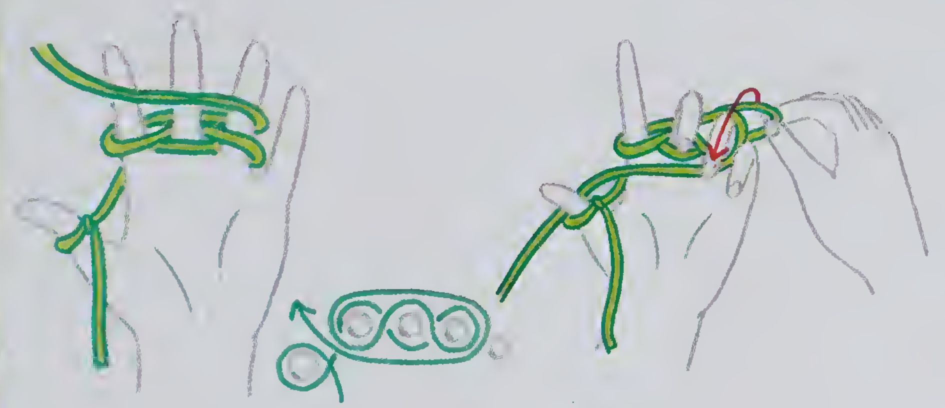
1 Make 1 chain stitch, place on thumb, and pull yarn snug.

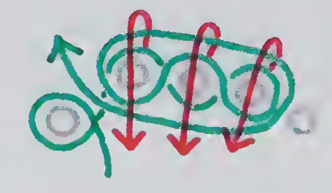


2 Open fingers, and alternately place yarn, as shown in diagram.



3 Once placed on ring finger, return, placing yarn on areas not yet covered. Bring yarn around to back of hand.





4 Bring yarn around to palm-side, and run over previously placed yarn.

5 Bend fingers, then pull stitch on ring finger from below and place over ring finger.

6 In same way, place yarn over middle and index fingers, in that order.

Then, continue knitting following the points in steps 8 – 10 on p. 8.

How to Make a Doll

1 Knit 1 ball of color B yarn using finger tube stitch (3 fingers, p. 9). Now knit the same yarn using finger tube stitch (3 fingers). This becomes the hands (about 45cm/18").

2 Knit 2 balls of color A yarn using finger tube stitch (3 fingers, p. 9). Now knit the same yarn using finger tube stitch (3 fingers). This becomes the trunk and legs (about 67cm/26.8").

3 Fold (2), put through ring (1), and tie with separate yarn.

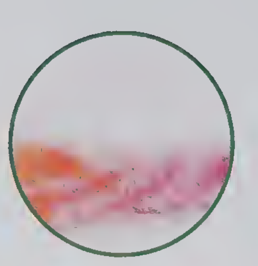
4 Sew doll's face on trunk.

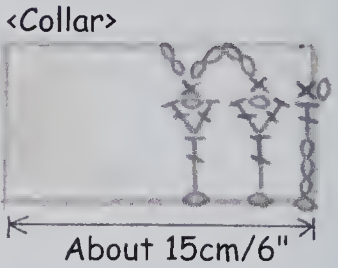
5 Knit a hat. With finger chain stitch, cast on stitches for 30cm/12". Knit 3 rows with Finger Afghan Knit (p. 19). Tie and close each stitch on both sides to make hat.

6 Knit collar.

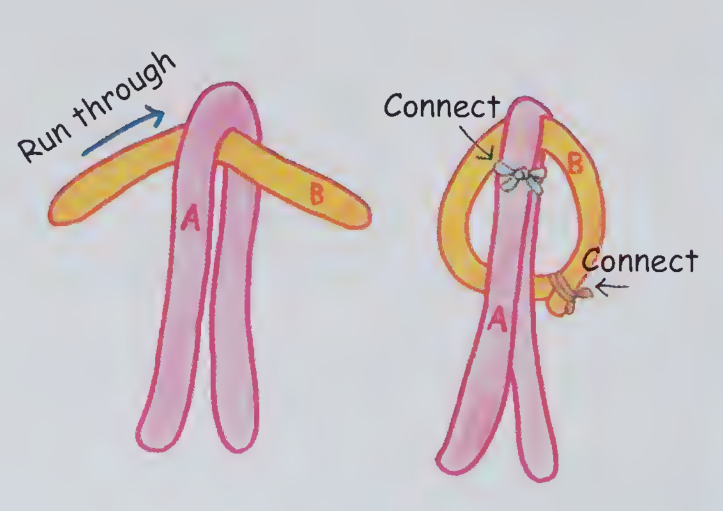
7 Join hat and collar. To make it easy to strike a pose, join both hands, and enjoy changing stances.




Yarn Thickness (magnified)
Extra Thick Yarn





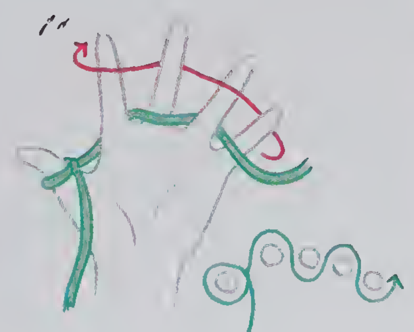




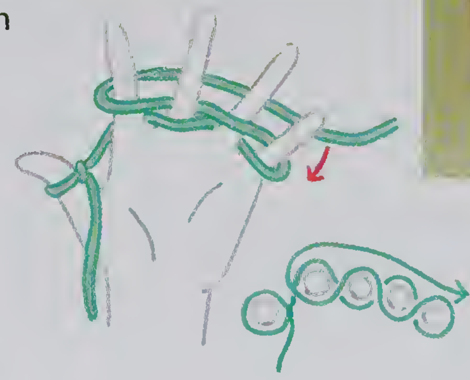


Finger Tube Stitch (4 fingers)

1 Make 1 chain stitch, place on thumb, and pull yarn snug.



2 Open fingers, and alternately place yarn, as shown in diagram.



3 Once placed on pinkie, return, placing yarn on areas not yet covered. Bring yarn around to back of hand.

Scrunch fingers together when running yarn. This shortens the length of the yarn and improves the look of your finished work.



4 Bring yarn around to palm-side, and run over previously placed yarn.

5 Bend fingers, then pull stitch on pinkie from below and place over pinkie.



6 In same way, place yarn over ring, middle and index fingers, in that order.

Then, continue knitting following the points in steps 8 – 10 on p. 8.

How to Make a Rabbit

1 Knit about 120cm/48" with finger tube stitch (4 fingers, p. 11). Tie off both ends and in center. These will become the legs, trunk, ears, and tail (A).

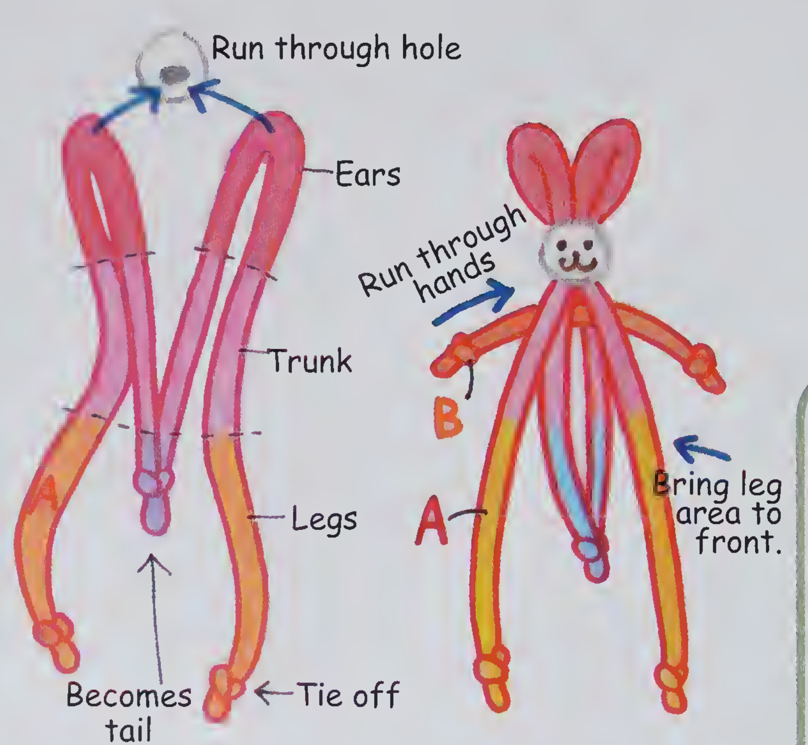
2 Knit about 28cm/11.2" in same way, and make join stitch at both ends. This will become the hands (B).

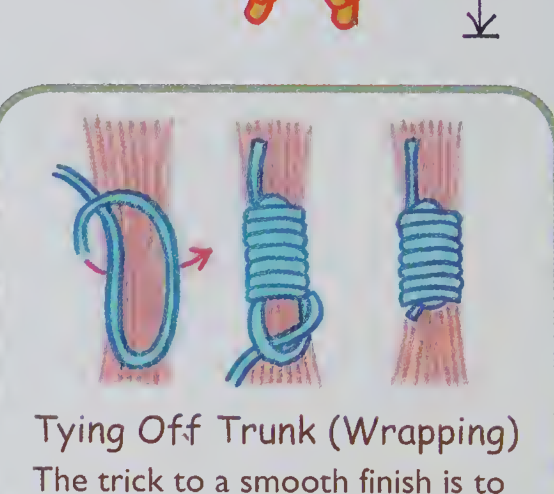
3 In a Styrofoam ball (about 3cm in diameter), make a hole about 8mm/.33" in diameter. Draw face.

4 As shown in diagram, put (1) through hole. Run (2) through trunk area. Using different yarn, wrap and tie off trunk area from below.

Wrap and tie off

About 25cm/10"





Tying Off Trunk (Wrapping)

The trick to a smooth finish is to align yarn cleanly while wrapping.

How to Make Sally the Snake

1 Make finger cord (p. 14).
At first, work vertically and tighten loosely for a wider effect. Once you've done about two-thirds of the total length, gradually begin working horizontally and tightening more strongly to make work gradually thinner.

2 Attach beads for the eyes. Make 2 loops, run through and roll into coiled pose.

* If you knit the same strand once more using finger cord, you can create a fatter Sally.

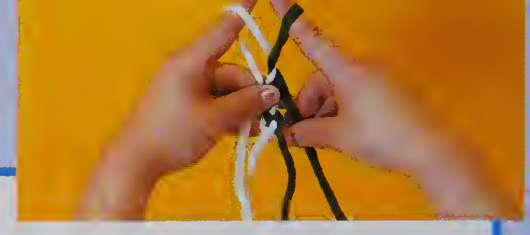


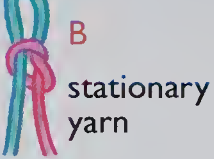




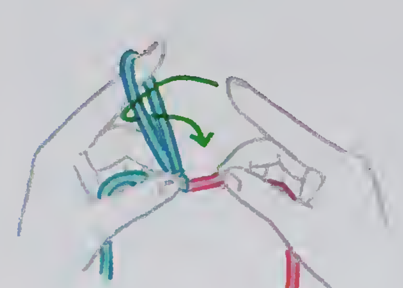
Finger Cord

Method of knitting used for backside string, etc.

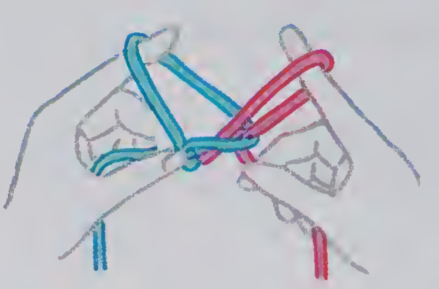




1 Make a cast on stitch.



2 Insert right hand index finger into A's loop.



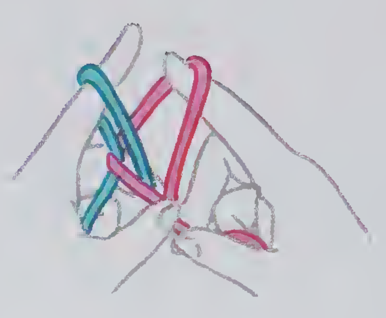
3 Pull through the right-side, stationary B yarn.



4 Pull out left hand index finger from loop. Pull and close moveable A yarn, held in left hand.



5 Insert left hand index finger in B's loop. Pull out left-side A yarn.

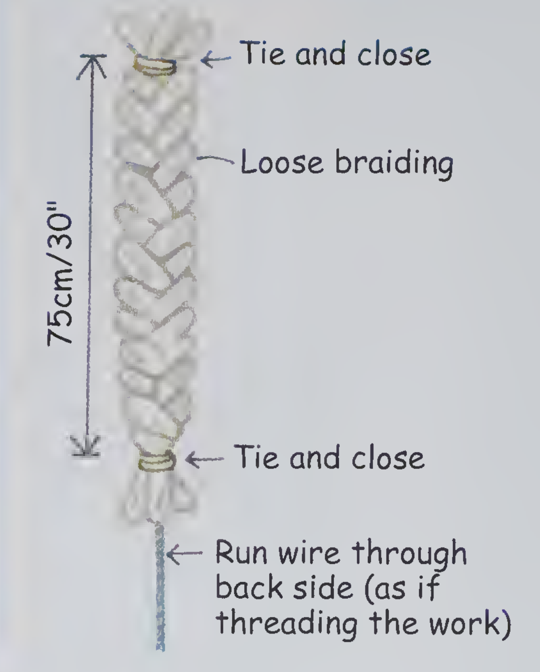


6 Pull out right hand index finger from loop.



7 Pull and close right-side B yarn. Repeat steps 2 – 7.

Christmas Wreath



How to Make a Christmas Wreath

1 Knit 3 strands using finger tube stitch (4 fingers, p. 11).

2 Braid strands loosely, being careful not to twist work.

3 Run wire as if threading the work, then tape both wires together to form a ring.

4 Decorate with bells, mistletoe, beads, etc.

5 Make 12 chain stitches (p. 16) to create a hook for hanging.

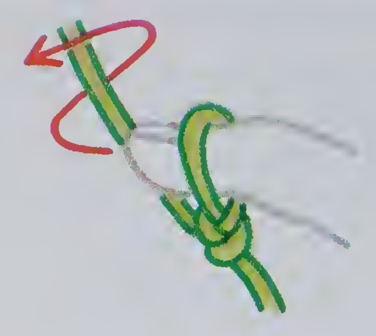
This knitting is primarily used for casting on stitches, etc.

Finger Chain Stitch

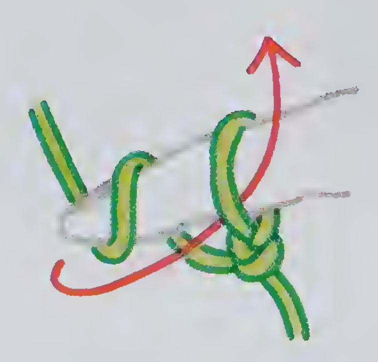
⬭ :Chain Stitch



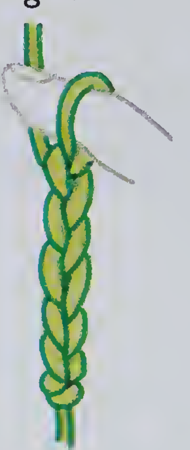
1 Place yarn on left-hand index finger, holding yarn with middle finger and thumb. Make stitch with right-hand index finger.



2 As indicated by the arrow, place yarn on right-hand index finger.



3 With yarn on right-hand index finger, go through stitch and pull yarn through.

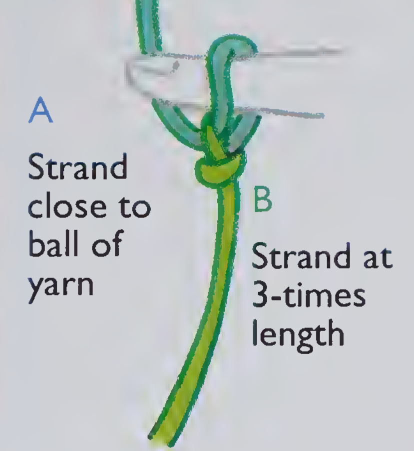


4 As you repeat the steps, you'll create a chain-like knitted stitch.

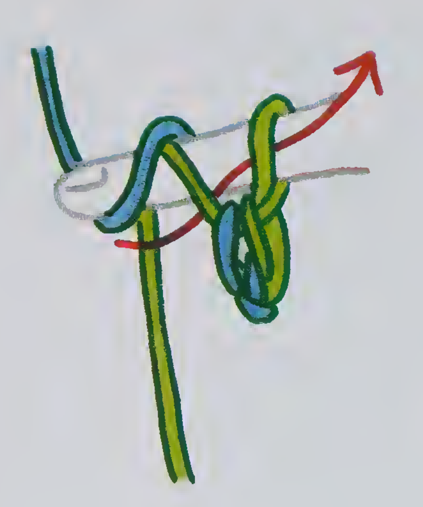
If you use this double chain stitch in place of a chain stitch cast on stitch, the base stitch will be stronger. It's a perfect cast on stitch for finger knitting.



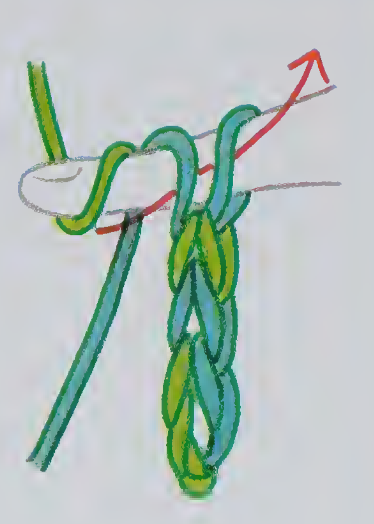
Double Chain Stitch



1 Using a strand 3 times as long as the length you want to knit, make one chain stitch.



2 Bring the remaining yarn B away from you towards the outside. Bring yarn A from the outside towards you, and pull through as in the diagram.



3 Repeat.

Finger Afghan Knit 

Knitted by Kumiko Misawa
(Yomiuri Bunka Cultural Center)

How to Knit Wide Finger Afghan Knits

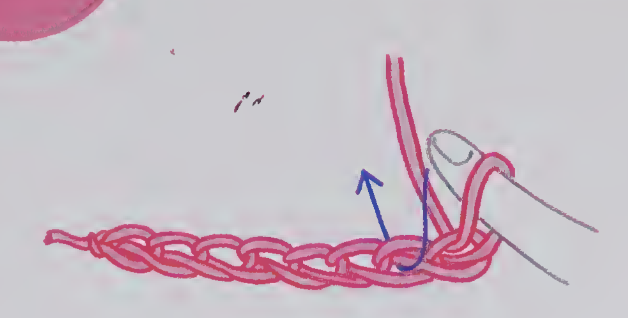
In a Finger Afghan Knit, you place all stitches on your finger. However, when making an item wider than the amount placed on your index finger, you can knit by also using your other fingers.

In step 4 on page 19, if you run out of room on your index finger, move that stitch to your middle finger. Then knit the necessary width for the start using your index finger, and continue knitting the return. If your middle finger isn't enough, use your ring finger and pinkie to knit the desired width.

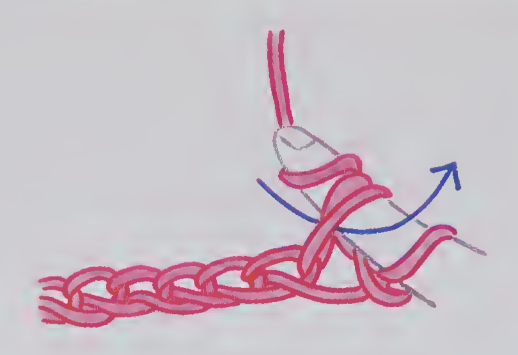


Finger Afghan Knit

Return→ ~
Start → |
: Afghan Knit



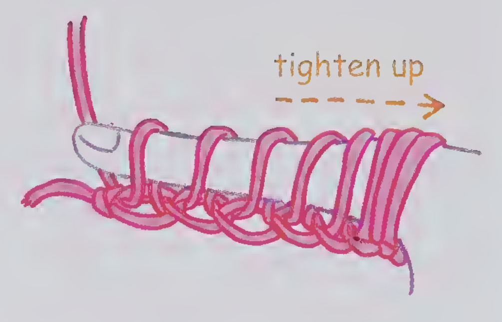
1 Cast on stitch. For the Start, the stitch on your finger becomes stitch 1. For the 2nd stitch, go back 2 cast on stitches and insert finger in the chain half-stitch and purl.



2 Bring yarn from outer side of finger towards you, and pull through as shown by the arrow.



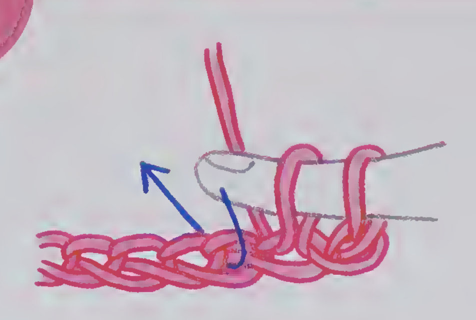
3 Pick up next stitch and pull through in same way.



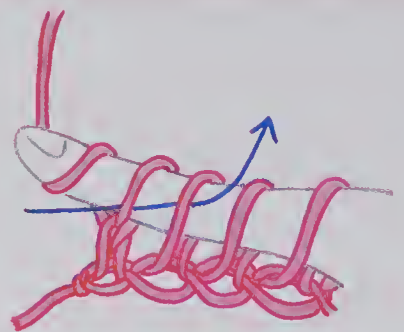
4 All stitches have now been picked up. Close gap between stitches and place over finger.

Go to next page →

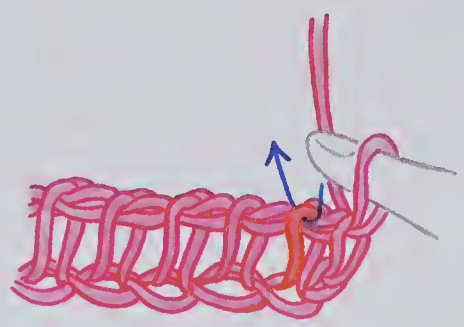
Finger Afghan Knit (Continued)



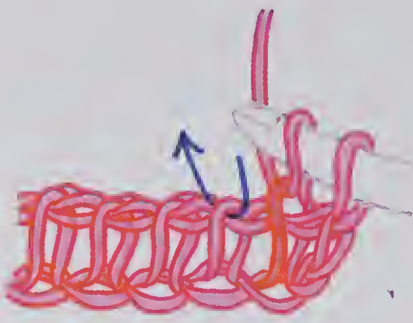
5 On the Return, place yarn on finger, and pull through as shown by the arrow.



6 From the 2nd stitch, place yarn on finger, and pull through two stitches at a time.



7 You've now returned to all stitches and have knitted the first row. Next, place finger in vertical yarn in previous row to begin Row 2.



8 Place yarn on finger, going from outside towards you, then continue to knit next stitch.

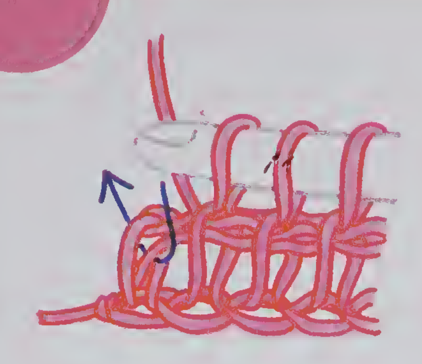
Go to next page →



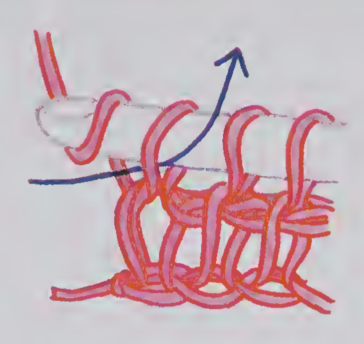
In a Finger Afghan Knit, the Return is a chain stitch, so stretching is limited – making it perfect for finger knitting. The work is light, yet warm.



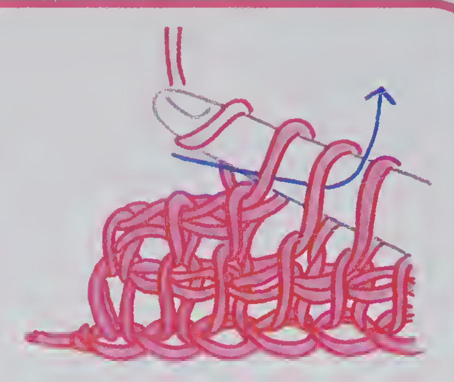
Finger Afghan Knit (Continued)



9 For final stitch, take 2 strands as shown in diagram, and pull yarn through.

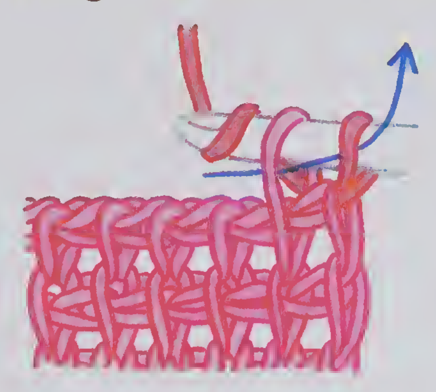


10 On the Return, in same way as Row 1, place yarn on finger and pull through.

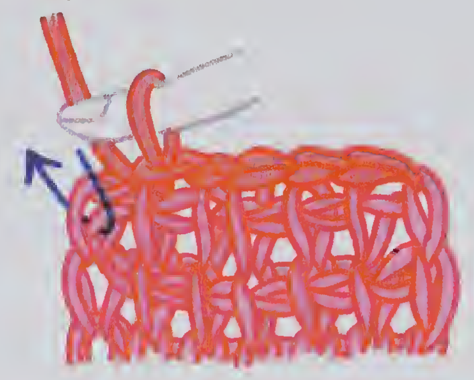


11 From 2nd stitch, pull through two stitches at a time until finished.

Finishing the Work (Casting Off/Slip Stitch)



1 Insert finger as shown in diagram, place yarn and pull through once as shown by arrow.



2 Draw out one stitch at a time. At the end, scoop up the 2 strands and pull through, as shown in diagram.

How to Make a Vest

1 Knit from backside. Cast on stitch (58 stitches/48cm/19.2") using double chain stitch.

2 Knit 22 rows using Finger Afghan Knit (front) (p. 19) with no increasing/decreasing.

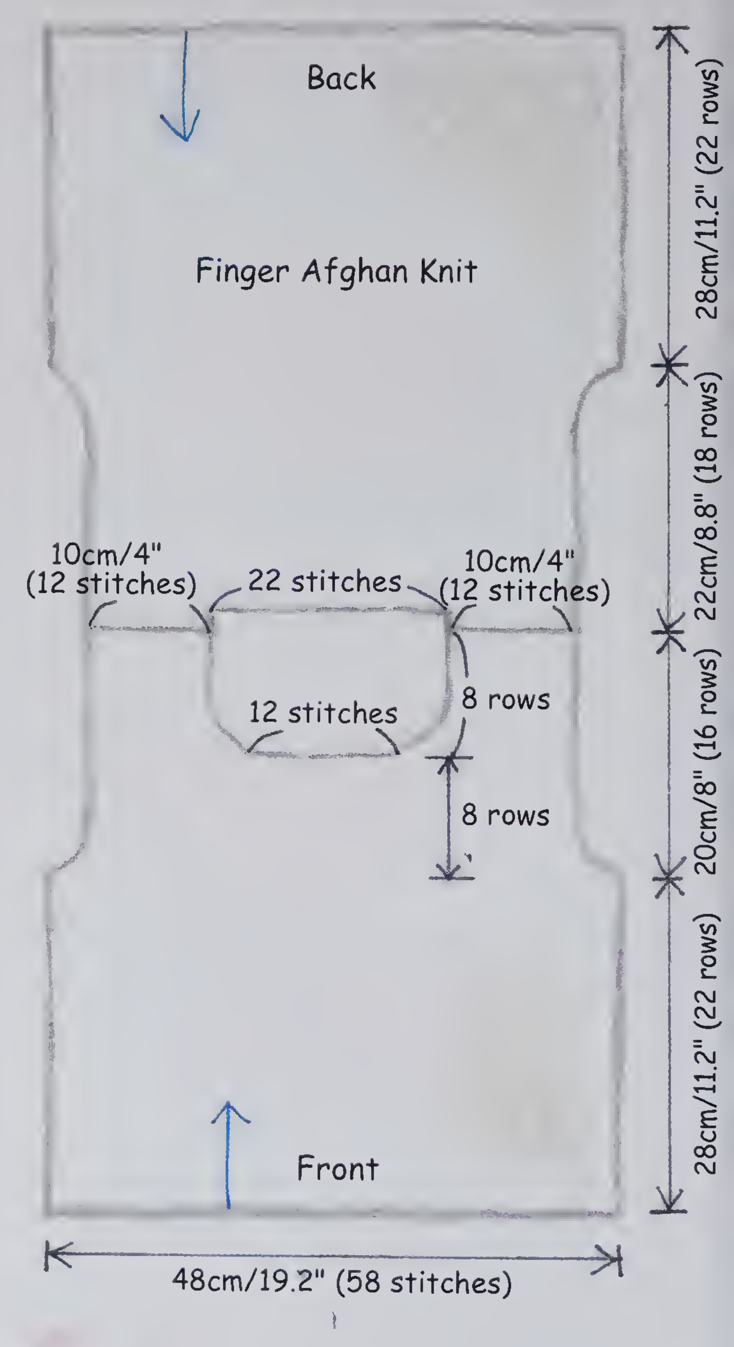
3 For armhole, make 2 bind off stitches (p. 21). In 1 row, make decrease stitch, do 3 times. In 2 rows, make increase stitch, do once. (Afghan Knit Decrease Stitch, p. 23)

4 Knit to Row 16. Mark center of back with thread marker, and make 22 bind off stitches. Knit just 12 stitches (the number for the shoulder area) in 2 rows, then cut yarn. Knit other half in same way, and bind off each.

5 Now knit front. Knit following the points in steps 1 – 3. After knitting 8 rows, set 12 central remaining stitches. On left and right sides, in 1 row, make decrease stitch, do 3 times.

6 Match to front and back, and weave into shoulder and underarm areas using a tapestry needle.

7 Knit hemline, armhole, and collar area with one row using finger crab stitch.



Return → Finger Afghan Knit
Start →
● Bind off Stitch

Armhole
Decrease Stitch

Collar Area
Decrease Stitch

Yarn Thickness (magnified)
Using 200g Standard
Thickness Alternative Yarn

Afghan Knit Decrease Stitch (2-in-1)

<For Return>

Left

1

2

Right

<For Start>

1

2

3

Finger Single Crochet
Vests

See p.28

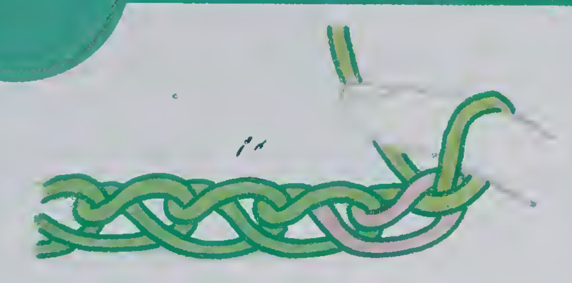
Knitted by Mariko Hashimoto



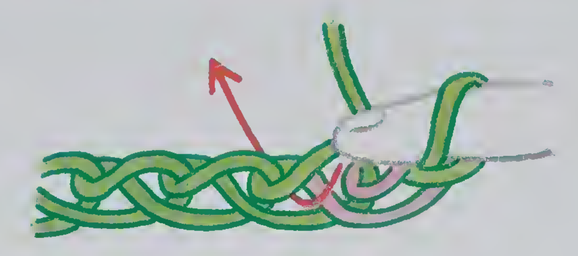


Finger Single Crochet

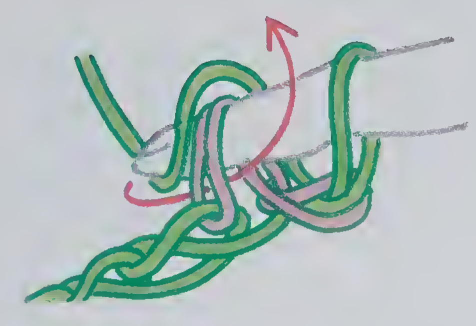
× : Single Crochet



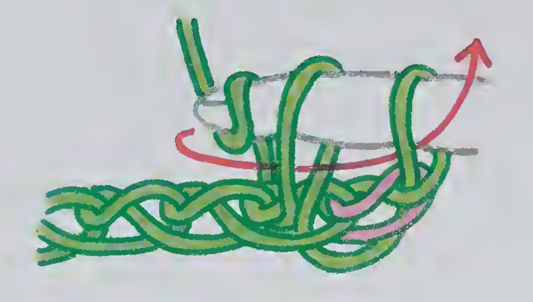
1 Cast on stitch with chain. Make one chain on cast on stitch. This is called "Top of Beginning".



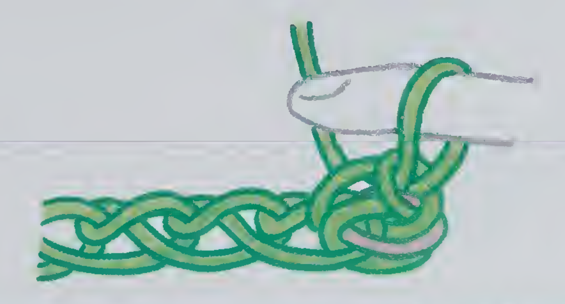
2 Skip first stitch of Top of Beginning and insert finger in 2nd stitch.



3 Place yarn on finger and pull through.



4 With both strands on index finger, place yarn and pull through as shown by arrow.



5 Repeat steps 2 – 4. When Row 1 is complete, reverse Top of Beginning Stitch 1, and repeat steps 2 – 4.

How to Make a Vest (for 3 - 4 year olds)



1 Cast on (32 stitches/38cm/15.2") using double chain stitch. Knit one row with finger single crochet (p. 25). Draw out first stitch to make loop.

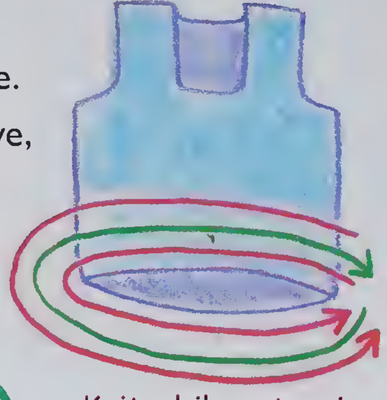
2 In Row 2, draw out stitch at starting point, insert one single crochet stitch in Top of Beginning, and knit facing backside. For Row 3, pull through stitch in first stitch, and knit facing front.

3 After knitting 22cm/8.8" (24 rows) with no increasing/decreasing, bind off armhole stitches. On backside of work, knit 15 rows (20 stitches) to bottom of collar. Knit shoulder area (6 stitches) 1 row at a time.

4 On front side of work to bottom of collar, knit 6 rows (20 stitches). Knit shoulder area (6 stitches) 10 rows at a time.

5 Join front and back shoulders. Knit one row for hem, sleeve, and collar area using finger crab stitch (p. 41).

6 Work quilting (Quilted Knits, p. 30).

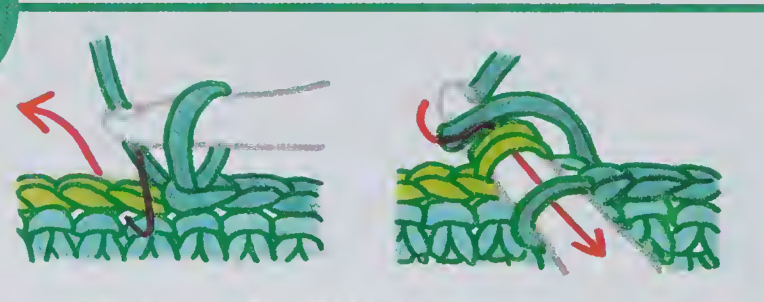


Knit while returning

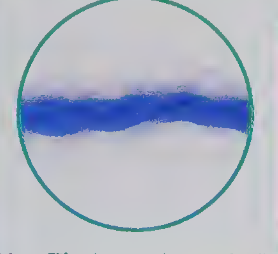


Finger Slip Stitch

⬬ :Slip Stitch

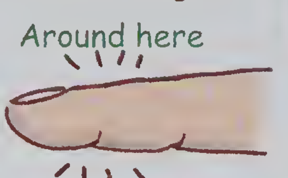






Yarn Thickness (magnified)
Using 150g Standard Thickness Yarn
and a bit of gray standard thickness yarn

Of the different kinds of finger knitting, finger single crochet enables you to make the most detailed work. If you knit using the area around your first knuckle, you'll create consistent and beautiful knitted stitches.



6 stitches 6 stitches 8 stitches 6 stitches 12 stitches 6 stitches 8 stitches 6 stitches 6 stitches

1row

10rows

14cm/5.6" (16rows)

22cm/8.8" (24rows)

6 stitches

6 stitches

6 stitches

6 stitches

<Finger Single Crochet>

Front

Back

38cm/15.2" (32 stitches)

38cm/15.2" (32 stitches)

X Finger Single Crochet
O Finger Chain stitch

How to Make a Vest (for adults)

1 Start knitting from backside. Cast on (30 stitches/47cm/18.8") using double chain stitch. Make 3 finger single crochet stitches (p. 25), 1 finger single crochet knitted draw stitch and repeat to knit 28 rows with no increasing/decreasing.

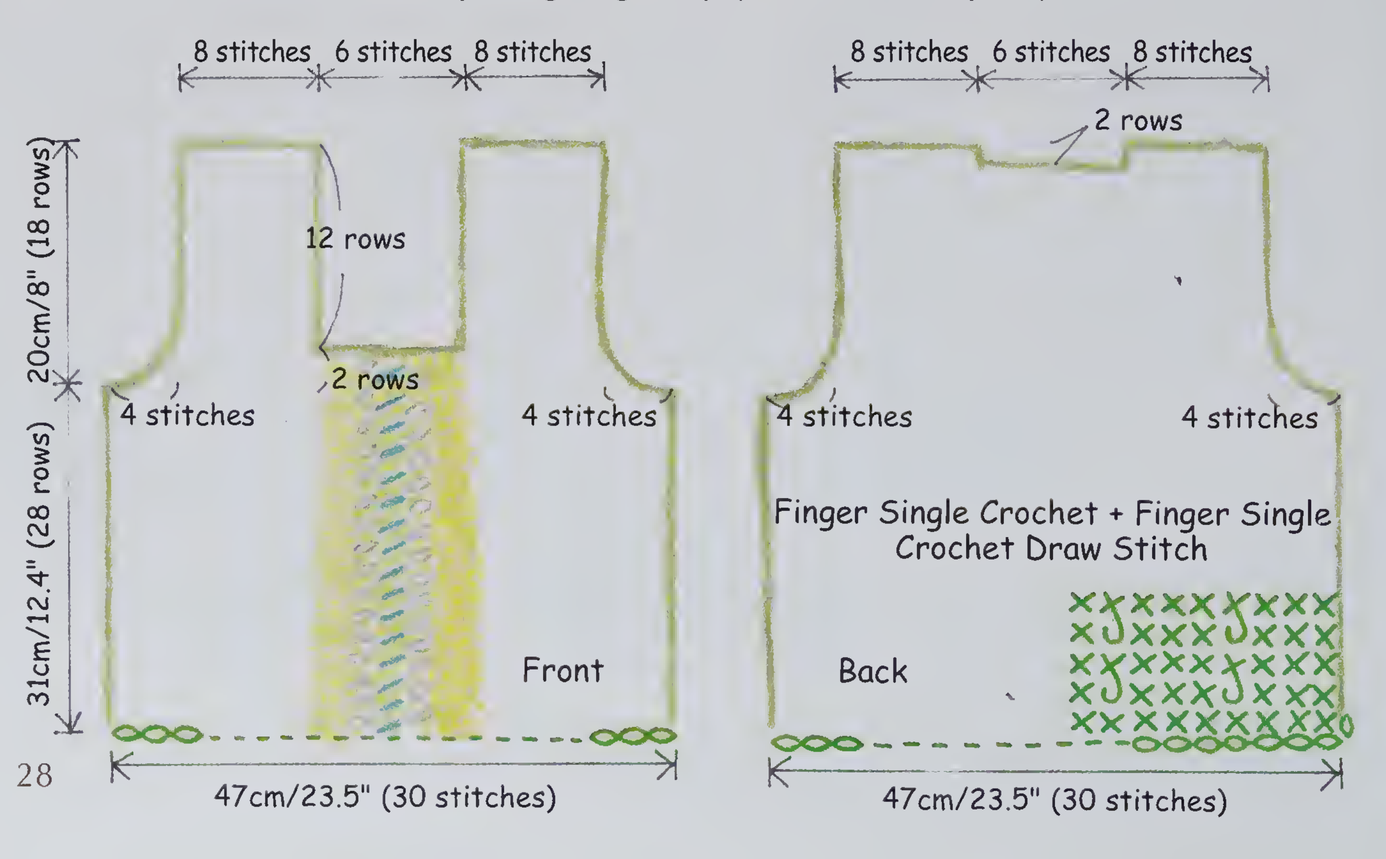
2 Make 1 bind off stitch for armhole. In 1 row, make decrease stitch, do twice. In 2 rows, make decrease stitch, do once.

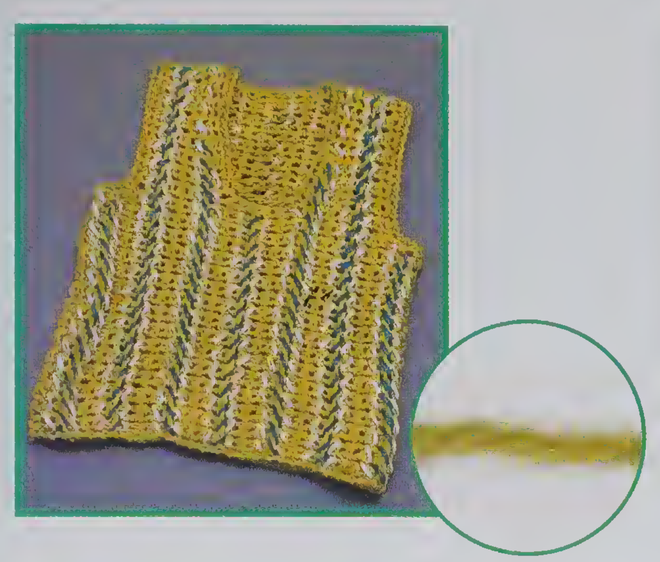
3 Knit 16 rows to bottom of collar. Knit 2 rows each in shoulder area (8 stitches).

4 Knit 2 rows to bottom of collar on front. In center, bind off 6 stitches and knit 12 rows each in shoulder area (8 stitches).

5 Join front and back shoulders. Knit one row for hem, sleeve, and collar area using finger crab stitch.

6 In draw stitch area, work quilting diagonally (Quilted Knits, p. 30).







Knitted by Emiko Akimoto

How to Make a Vest (reference)

Make a vest with medium fine mohair yarn, edge with alternative yarn, and work quilting horizontally. Make and attach any motif you like.

○ Finger Chain Stitch
× Finger Single Crochet
Finger Single Crochet Draw Stitch

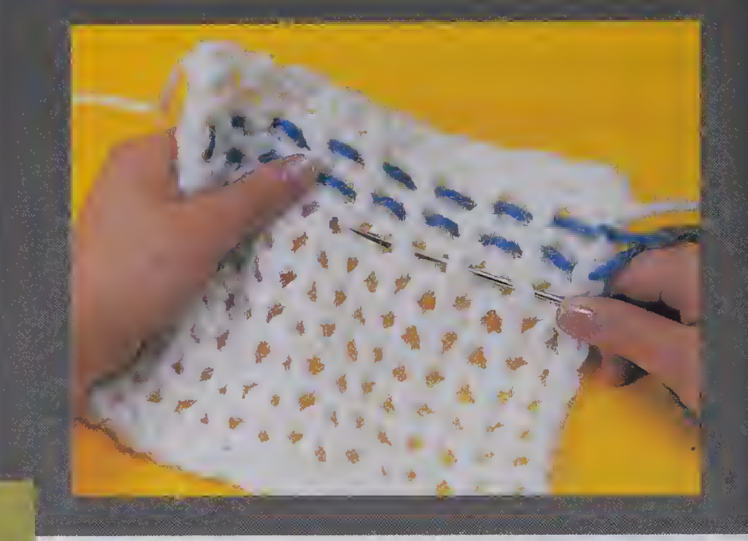
Yarn Thickness (magnified)
Using 220g Extra Thick Yarn
A little standard thickness gray yarn

Single Crochet Front Draw Stitch

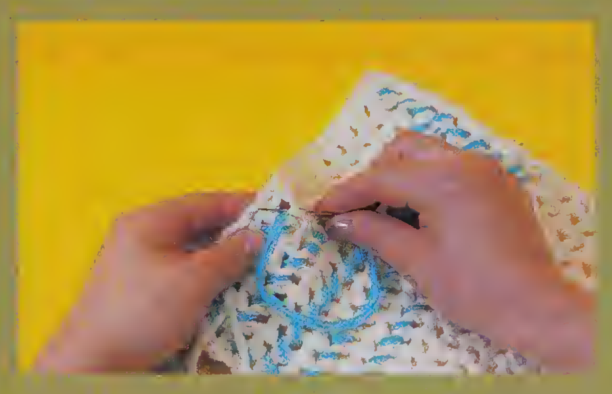
: Single Crochet Front Draw Stitch

Knitted Quilts

You can add knitted quilts to your finger knitting. They strengthen the knitting and allow you to add different patterns, creating a greater variety of possibilities.



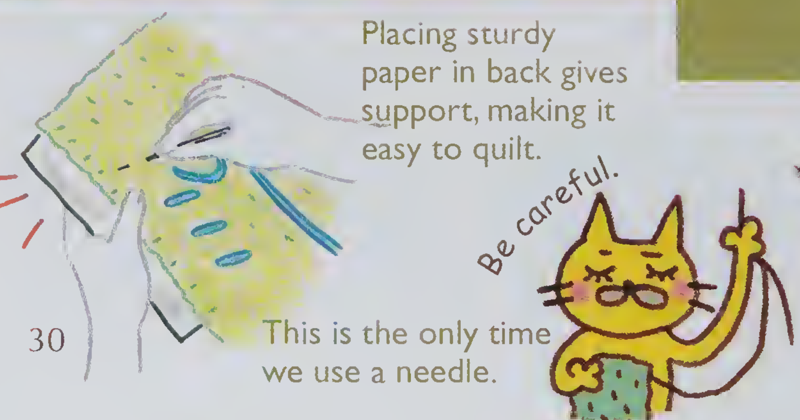
Horizontal Quilting



Diagonal Quilting



Freestyle Quilting (Long and Short Stitch)



Placing sturdy paper in back gives support, making it easy to quilt.

This is the only time we use a needle.

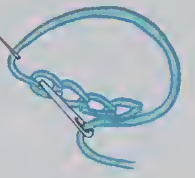
Needle used for quilting (magnified). Use tapestry needles or stitching needles.

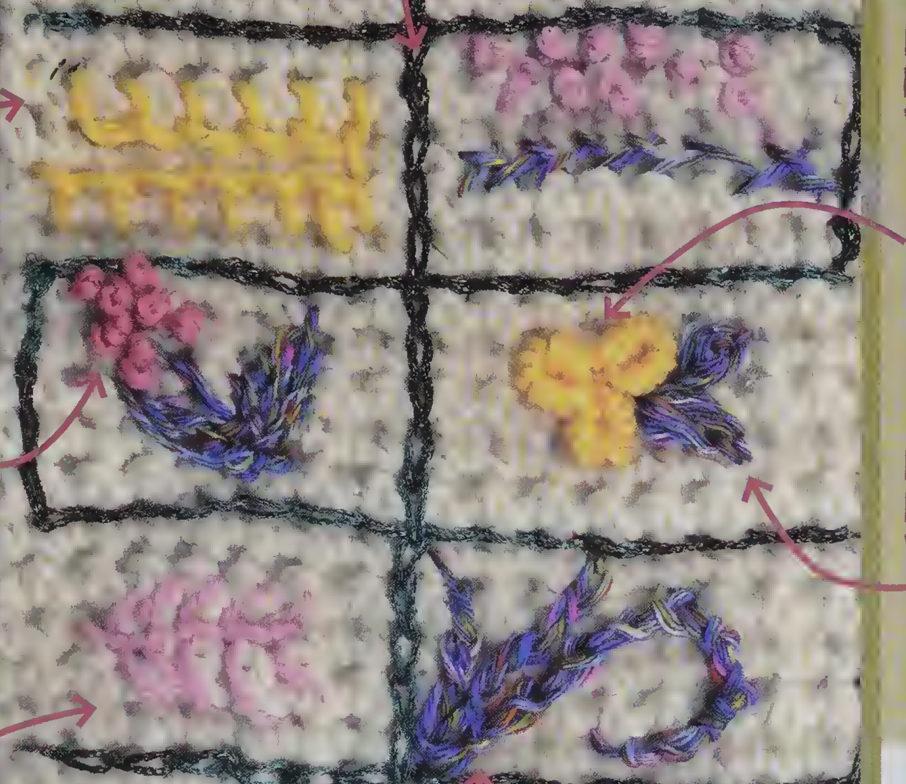
Buttonhole Stitch

Used to close borders and edges, etc.

Chain Stitch

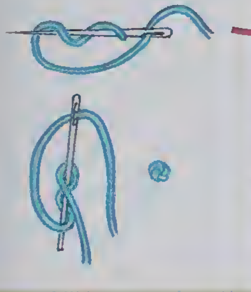
The most commonly used method. Good for curved lines and detailed patterns.





French knot stitch

Often used to disperse detailed elements.



Bullion Rose Stitch Variation





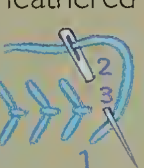
Double Daisy Stitch Variation





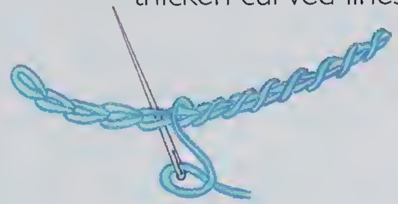
Fly Stitch

Used for continuous patterns, netting, and feathered patterns, etc.



Whipped Chain Stitch

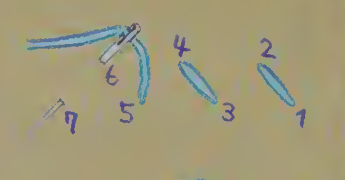
For when you want to bold and thicken curved lines.

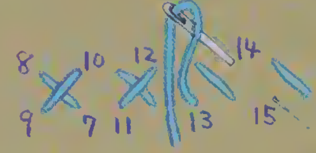




Cross Stitch

Stitches points without having to cut yarn, as shown in diagram.



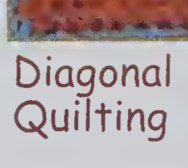






Star Cross Stitch

Perfect for rough, continuous patterns.



Diagonal Quilting

Chain Stitch + Star Cross Stitch



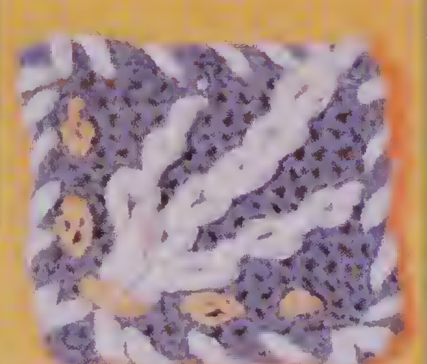
Knitted Quilt Sweater (sample project)

Draw design, and follow with free quilting (long and short stitch). Use a light yarn to avoid too heavy a look.

Knitted by Kyoko Imakita
(Tobu Cultural Center)







Edging
+
Flower Motif

Edging
+
Chain Stitch

Using Finger Cord to Make Knitted Quilts

You can also quilt using the finger cord used in knitting. Using the larger knitted stitches of finger knitting, you can create 3D effects.

Knitted Quilt Vest Made with Finger Cord (sample project)

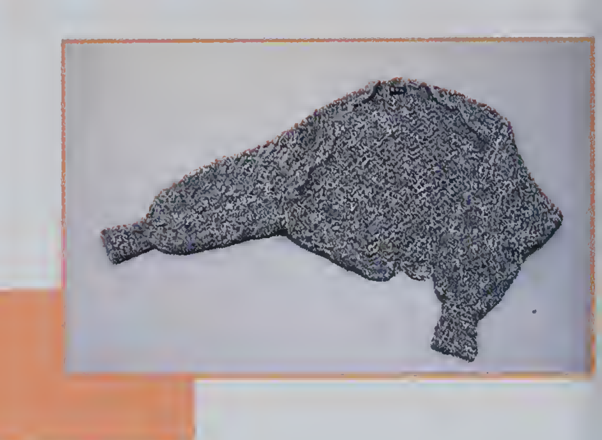
Just like drawing a picture, you can attach any motif.

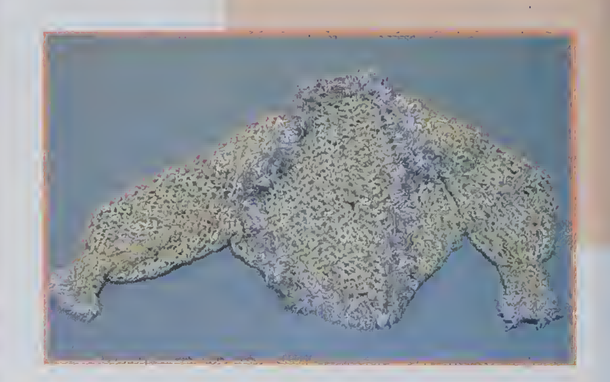
Knitted by Kyoko Imakita
(Tobu Cultural Center)



Quilt onto bags, cushions, and more.

Marguerite







How to Make a Marguerite

1 Cast on stitch (about 50cm/20").

2 Straight knit 116cm/46.4" using finger twisted half double crochet (p. 37). (Trick to knitting straight: On Row 1, make 2 Top of Beginning stitches, and continue knitting. From Row 2, work by adding one increase stitch to Top of Beginning stitch. At end of row, don't knit Top of Beginning stitch from previous row, and go on to next row.

3 Knit sleeve cuff areas at both ends using finger single crochet.



Finger Chain Stitch
Finger Twisted Half Double Crochet
Finger Slip Stitch

* Insert the right number of rows and stitches to match length of work.

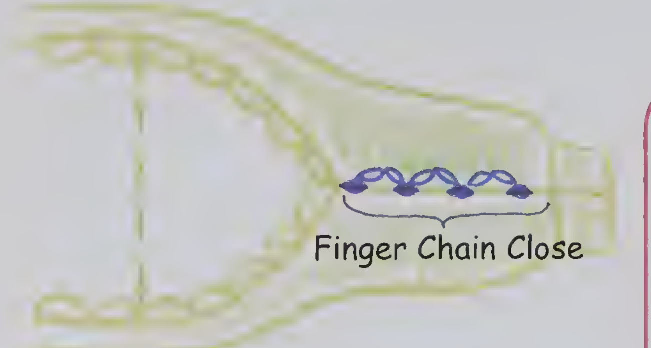
How to Make a Marguerite (continued)

4 Fold in half at center front, and close with finger chain close (1 slip stitch, 2 finger chain stitches).

5 Decorate border with finger pine knit (5 stitches).



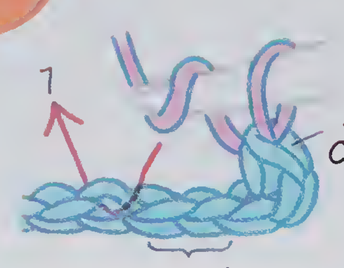
Yarn Thickness (magnified)
Using 300g Alternative Yarn



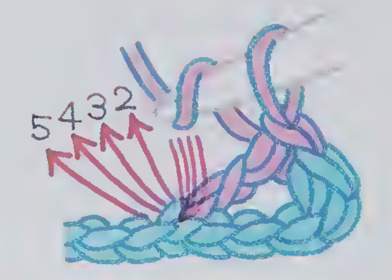
Determining Tension

The tension (or gauge) is the ratio of the number of stitches to the number of rows, which forms the base of your work. For every 10cm (4 inches), determine the number of stitches horizontally and, vertically, the number of rows. With the yarn you'll use in your project, test knit 15 – 20cm/6 – 8". After adjusting the stitches horizontally and vertically, count the number of stitches and rows within a 10cm/4" area.

Finger Pine Knit (5 stitches)

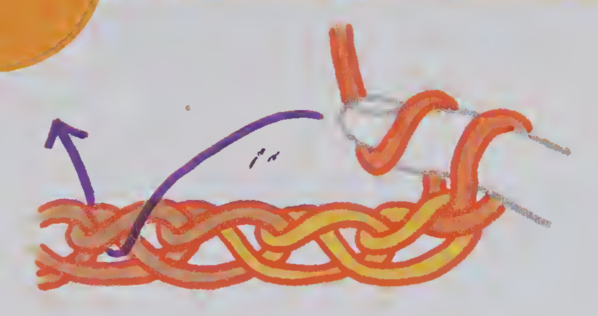






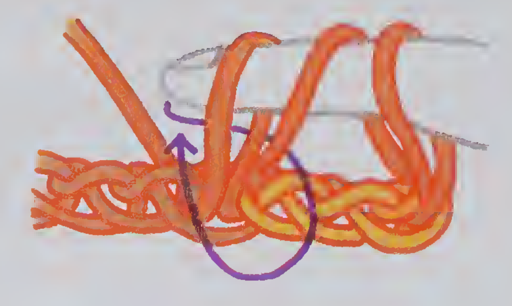
Single Crochet

Finger Twisted Half Double Crochet

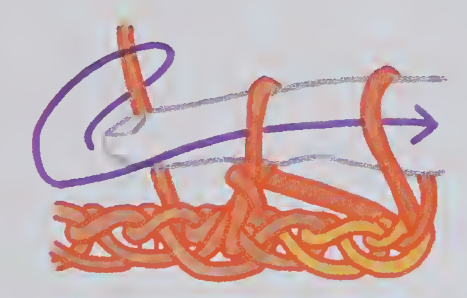


1 Make 2 Top of Beginning stitches. Place yarn on finger, and insert index finger in 4th stitch.

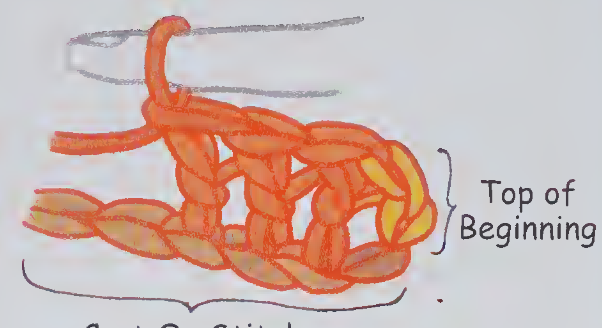
:Twisted Half Double Crochet



2 Twist 2 strands as shown by the arrow to twist 2 loops.



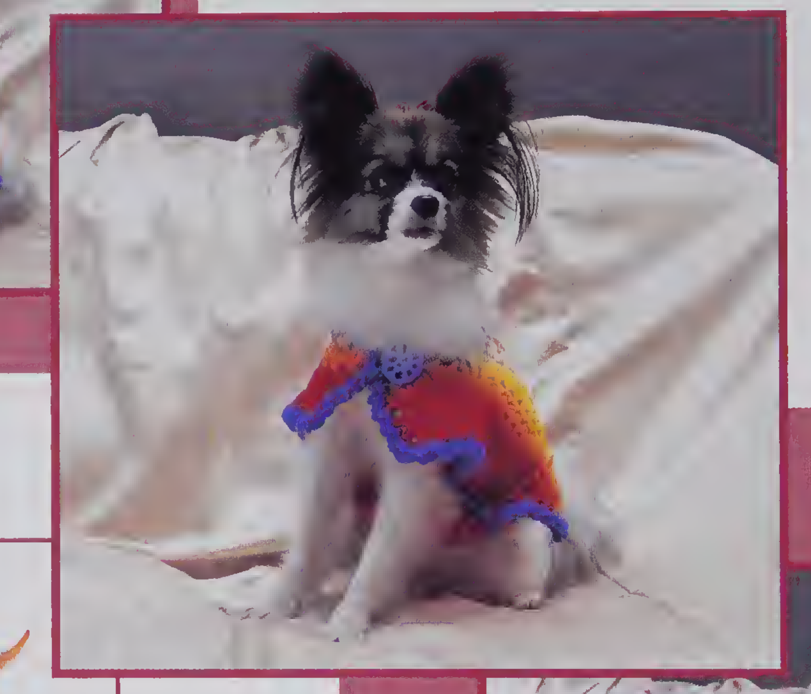
3 Next, place yarn and pull 2 strands through once.

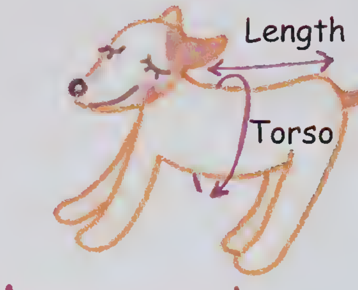


4 Repeat steps 2 and 3. When Row 1 is complete, reverse work, make 2 Top of Beginning stitches and repeat steps 2 – 4.



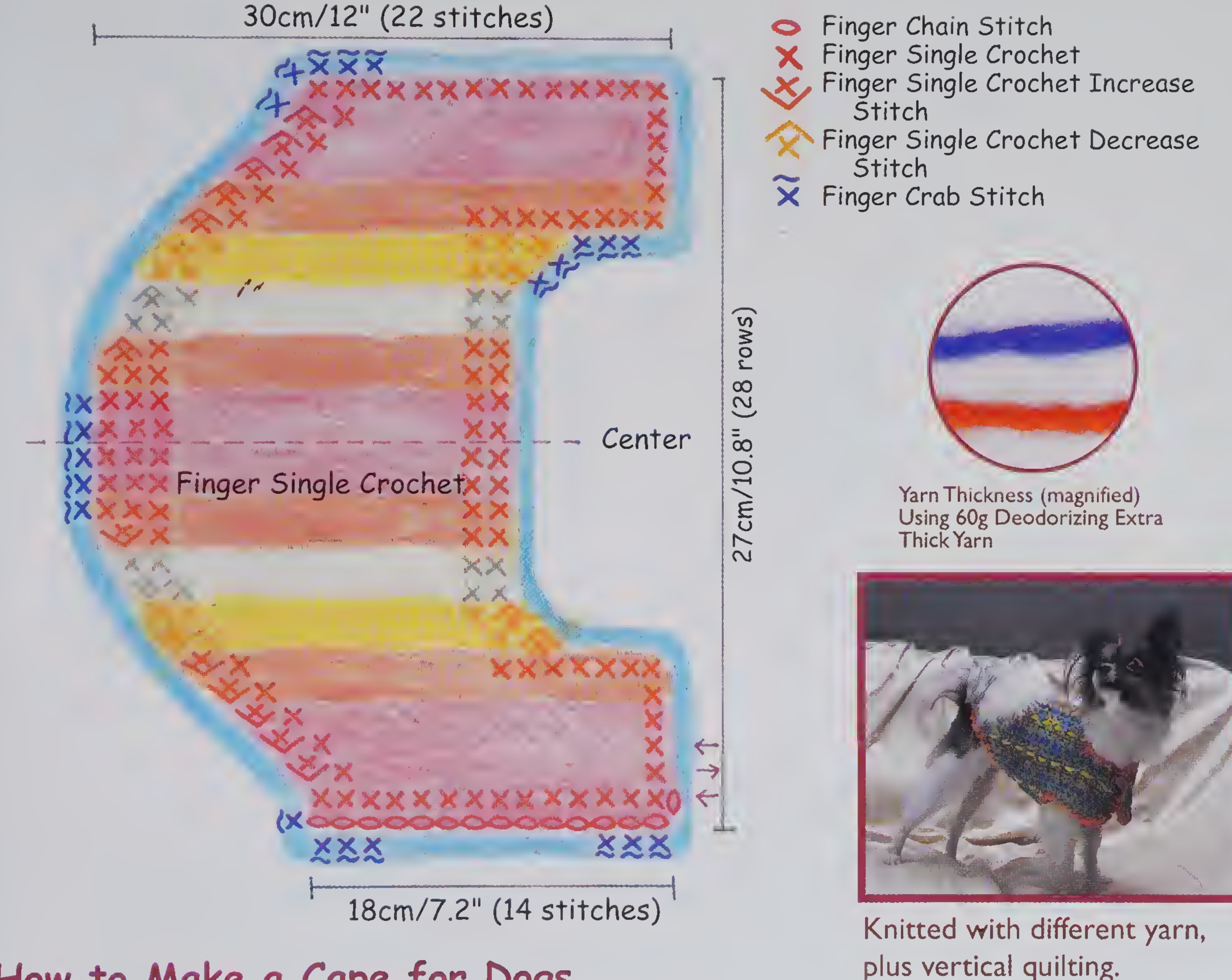
Capes for Dogs





Measurements

Measure length and size of torso.



Yarn Thickness (magnified)
Using 60g Deodorizing Extra Thick Yarn

Knitted with different yarn, plus vertical quilting.

How to Make a Cape for Dogs

1 Cast on stitches (14 stitches). Knit one row using finger single crochet (p. 25).

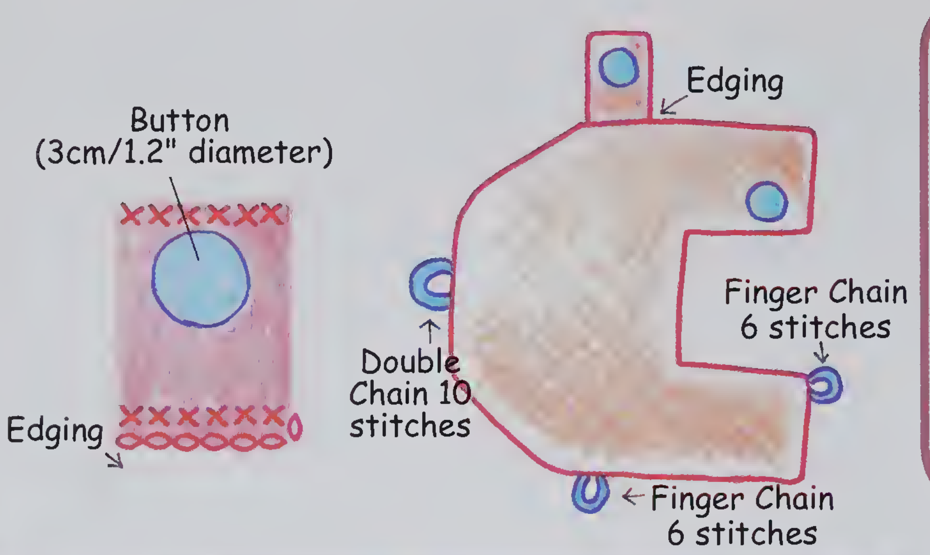
2 From Row 2 until center, continue knitting hem and collar area using increasing.

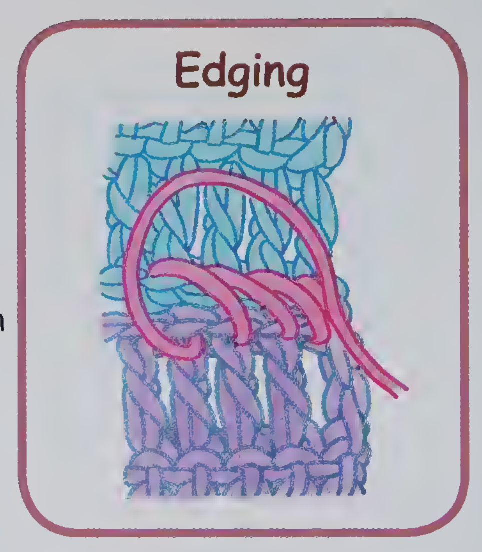
3 After knitting to center, now knit to become symmetrical.

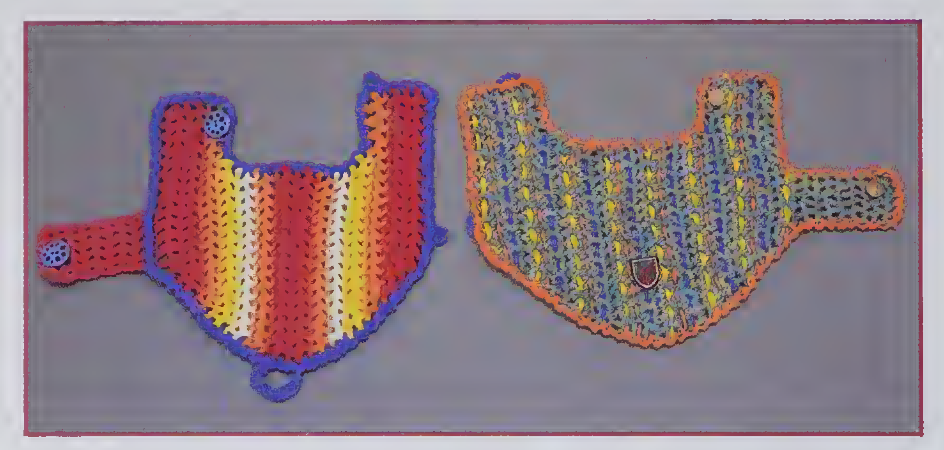
How to Make a Cape for Dogs (continued)

4 Knit one row for circumference using finger crab stitch (p. 41).

5 For button area, cast on stitch (6 stitches), and straight knit 8 rows of single crochet. For string, make separately with finger chain stitch (p. 16) and double chain stitch (p. 17), and attach. Attach buttons and you're done.



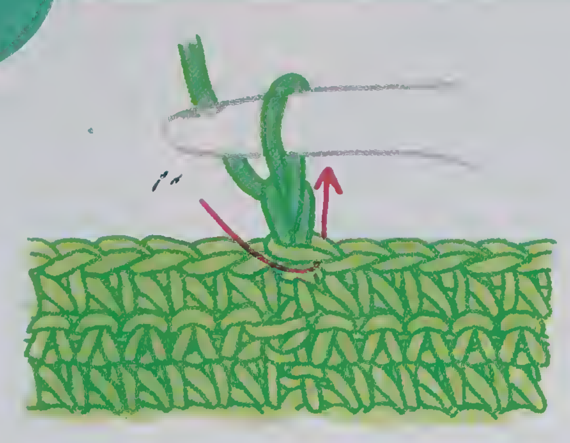






Finger Crab Stitch

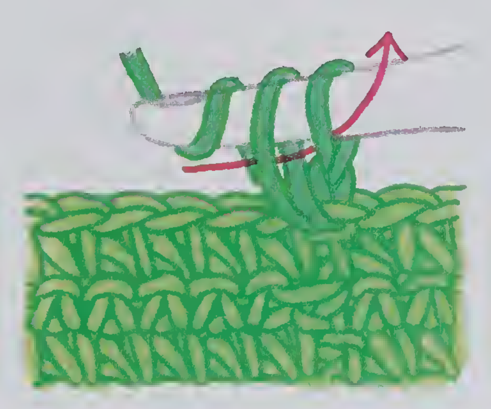

:Crab Stitch



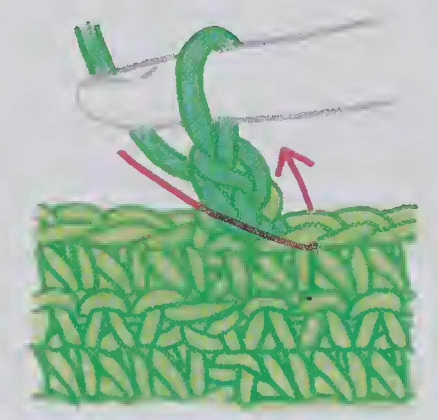
1 Knit 1 chain stitch on the Top of Beginning chain stitch, then insert finger in slipped stitch.



2 Place yarn on finger and pull through as shown by arrow.



3 Place yarn on finger and pull through once.



4 From next stitch, repeat steps 2 and 3. Continue knitting in rightward direction.

Legwarmers

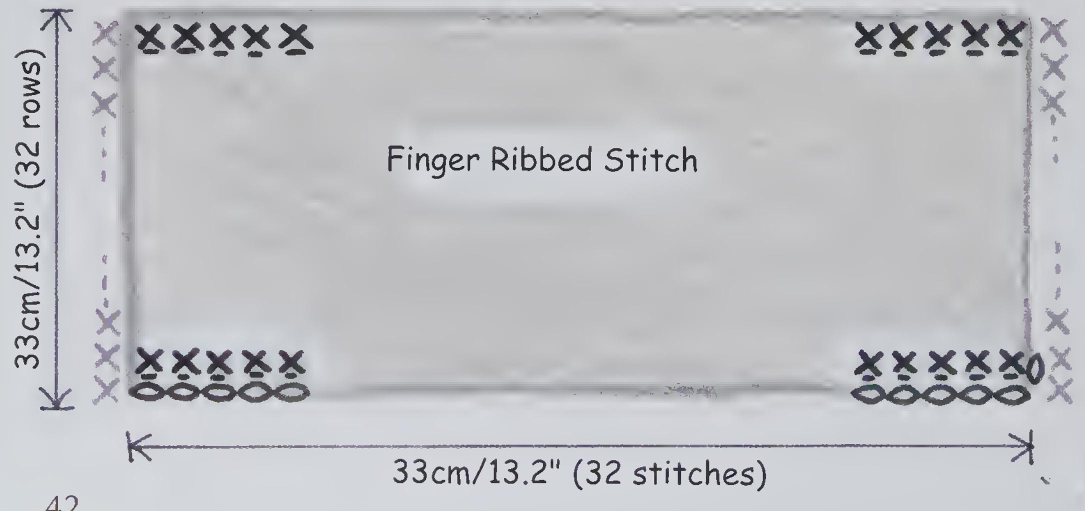
How to Make a Legwarmer

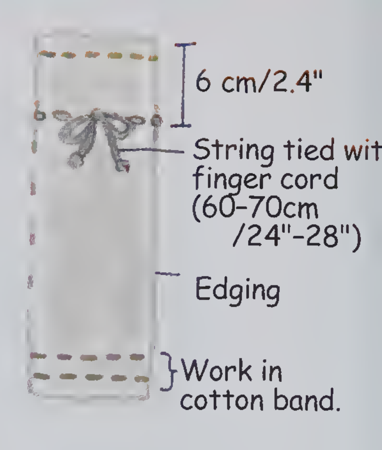
1 Cast on 32 stitches.

2 Make Top of Beginning stitch, and knit 32 rows of finger ribbed stitches (p. 43) On both sides, knit 1 row of finger single crochet.

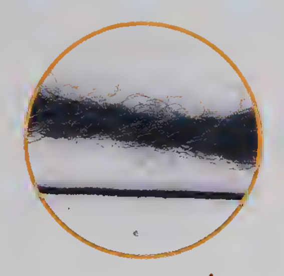
3 Hemstitch and close the half stitch of the first cast on stitch and the half stitch of the last row.

4 On the top and bottom in 2 or 3 places, work in a cotton band. Make string (60 – 70cm/24" – 28") with finger cord (p. 14). Run through and tie a ribbon about 6cm/2.4" from top.





Finger Single Crochet
Finger Ribbed Stitch
Finger Chain Stitch



Yarn Thickness (magnified)
Using 80g Extra Thick Yarn
Bottom is cotton band

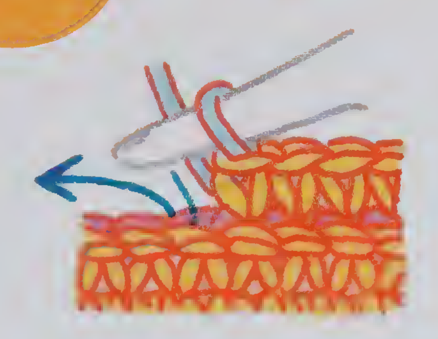




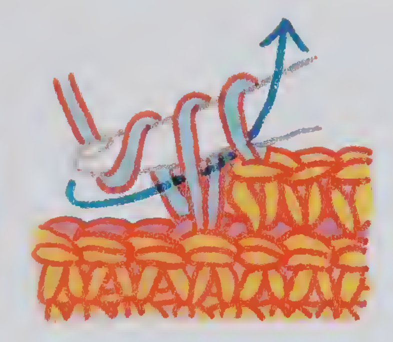
Knitted with different yarn, using finger single crochet and loop stitch.

Finger Ribbed Stitch

✕ : Finger Ribbed Stitch



1 As shown by arrow, insert finger in half stitch on other side of chain stitch in previous row.



2 Place yarn on finger, and pull through two loops, as shown by arrow.



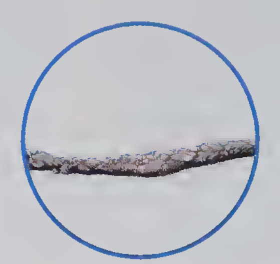
3 For next row, reverse to backside and in same manner, pick up half stitch on other side, and make single crochet. The work will have an uneven, ribbed effect.





Knitted by Chieko Nakayama

Bags



Yarn Thickness (magnified)
Using 170g Standard Thickness

How to Make a Shoulder Bag

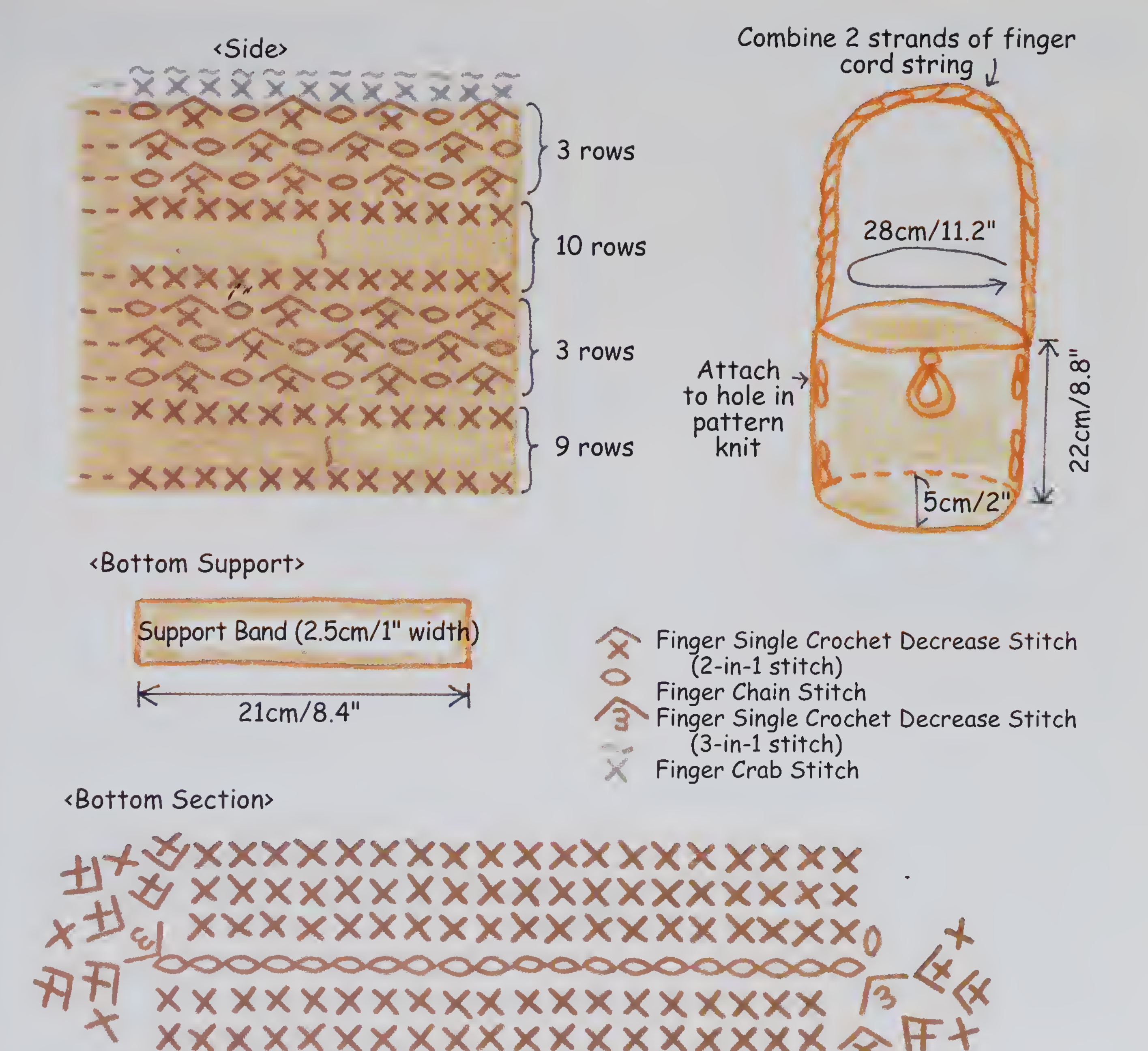
1 Start knitting from the bottom. Cast on 20 stitches, make Top of Beginning stitch. As shown in diagram, make circle using increase stitches with finger single crochet (p. 25).

2 For sides, continue on bottom, knitting in circular fashion to make 9 rows using single crochet with no increase/decrease. As in the diagram, pattern knit 3 rows, finger single crochet 10 rows, then pattern knit 3 rows.

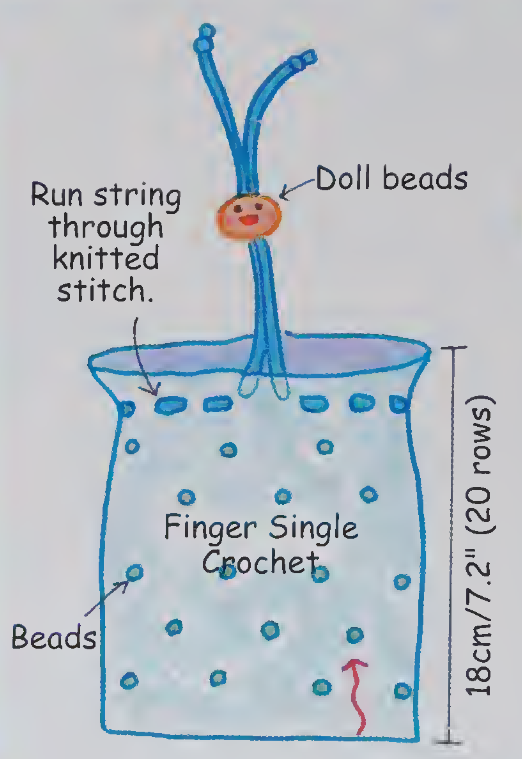
3 Knit 16cm/6.4" of string for button with finger chain stitch (p. 16), and attach.

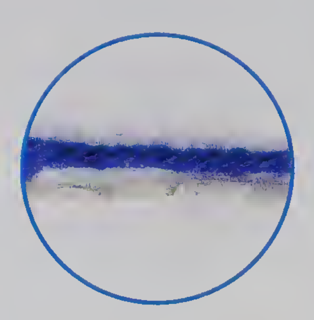
4 As support, attach support band (2.5cm/1" width) to bottom.

5 For the strap, combine 2 strands knitted with finger cord (p. 14), and attach by tying to pattern stitch knitted stitch.


<Side>
3 rows
10 rows
3 rows
9 rows
Combine 2 strands of finger cord string
28cm/11.2"
Attach to hole in pattern knit
22cm/8.8"
5cm/2"
<Bottom Support>
Support Band (2.5cm/1" width)
21cm/8.4"
Finger Single Crochet Decrease Stitch (2-in-1 stitch)
Finger Chain Stitch
Finger Single Crochet Decrease Stitch (3-in-1 stitch)
Finger Crab Stitch
<Bottom Section>







Yarn Thickness (magnified)
Mixing Standard Thickness and Extra Thick Yarn (entwine)
Using 30g

How to Make a Mini Pouch



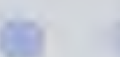
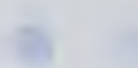
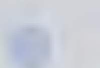
1 Cast on 12 stitches.

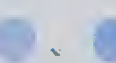
2 As shown in diagram, make Top of Beginning stitch, and knit in ring going round with finger single crochet (p. 25).

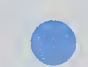
3 Run string through knitted stitch, and attach doll beads.







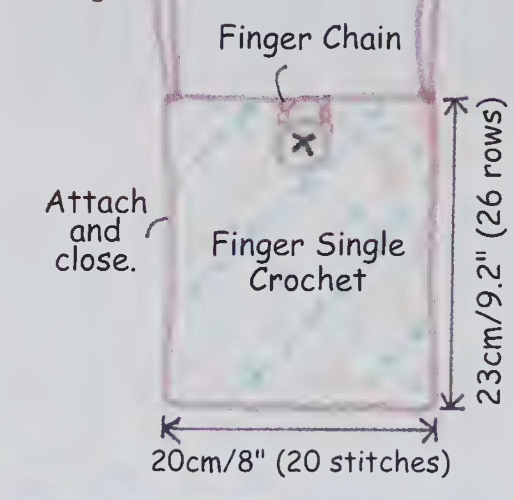








Knitted by Hatsue Mizuguchi



How to Make a Pochette

1 Cast on 20 stitches.

2 Knit 26 rows with finger single crochet (p. 25).

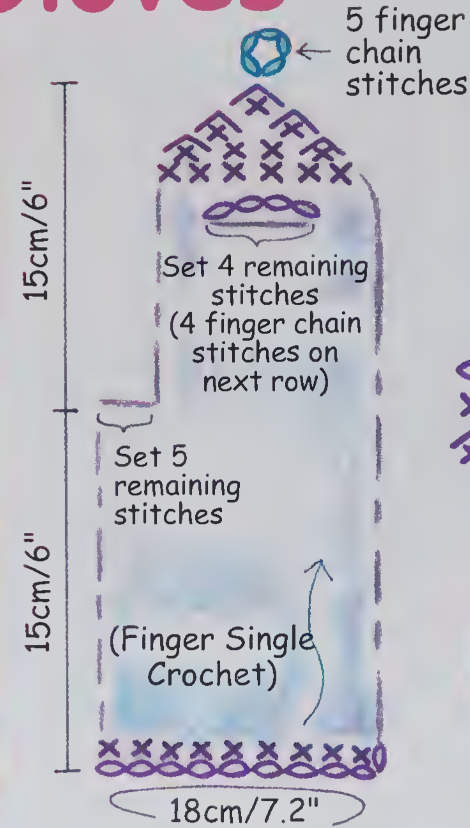
3 Knit one more sheet of (2), and join the sides and bottom.

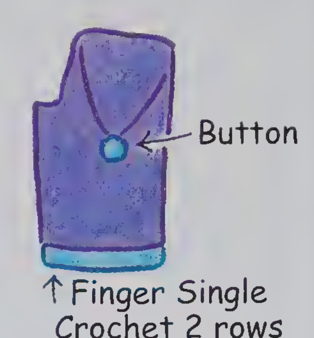
4 Attach button using button string (finger chain stitch).

5 Run strap knitted with finger cord (p. 14) through, and you're done.

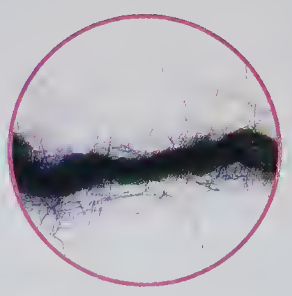
One-of-a-Kind Gloves







Finger Chain Stitch
Finger Single Crochet
Finger Single Crochet Decrease Stitch



Yarn Thickness (magnify)
Using 40g Alternative Yarn

How to Make Gloves

1 Cast on 17 stitches and create Top of Beginning stitch. As shown in diagram, work single crochet (p. 25) to base of thumb with no increase/decrease.

2 For thumb section, set 5 remaining stitches and continue knitting.

3 For the slot that the other 4 fingers go through, set 4 remaining stitches. On next row skip remaining parts, and continue knitting, working finger chain stitch.

4 As shown in diagram, work decrease stitch. Attach finger chain stitch string, and attach button.


Crafts & Hobbies/ Knitting
$8.95
Beginner to Intermediate Level
FINGER KNITTING
• Easy to learn yarn-looping technique
• Great introduction to the craft of knitting
• Safe for young children - No knitting needles
• Create 10 easy projects with step by step photos and diagrams
• Make hats, vests, dolls, doggie outfits, and more
HEIAN
HEIAN INTERNATIONAL INC.
ISBN 0-89346-
9 780893 469405
* W2-BIH-116 *